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IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STODENTS OF CONESTORA COLLEGE

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Women unite, take back the night



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The Sexual Assault Support Centre's 24-box hottine can be reached at 519-741-9633 why assign on

COUNSELLING SERVICES HERE FOR YOU CSI FEST ATTRACTS STUDENTS





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It's keg-tapping time in the region

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ENTERTAL

Music Is My Weapon

Event raises money for low-income youth





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Terry Fox Run another success







LEARNING COMMONS

EARN BETTER GRADES

BALANCE SCHOOL AND LIFE GET ORGANIZED

CONFIDENCE
FREE TUTORING IN 300+ COURSES

DROP IN SUPPORT

WRITING - APA - MATH Study Skills









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Guelph: Welcome Centre A5 519 824 9390 ext. 615
Waterloo: Administration Office 1C07 519 885 0300 ext. 52:
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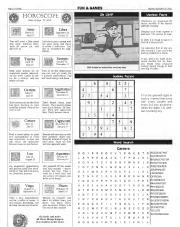
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Alzheimer's disease... it's more than you think

Memory loss is not the only sign. Learn the other nine.





COUNSELLOR'S CORNER:

Part-according voluntian is a journey of exploration; one that stretches comfort zones and embraces diverse ways of thirlings and doing. Returning to school after years of being out in the workplace or rising a family on be intimidating, exhilarating, challenging, and sometimes unsettling, and despite a worth of life experience from work, home, or prior training, adults feel unsure of what is expected of them in the college environment.



May notive students or experiensive about returning to school and or a conserved about her buy will perform them those of younger students, including but not limited to beliening an off-timent them those of younger students, including but not limited to beliening procerthood and home life with school, and re-leaving and off-timent performance of the school of the

Here are a few observations about moture students that might ease some of the uncertainties about returning to learning:

- KNOW THAT MOST ADULTS FEEL APPREHENSIVE ABOUT RETURNING TO LEARNING. The truth is, that most adults do very well if not better than they did before, and they actually enjoy it.
- THINK ABOUT WHY YOU ARE RETURNING. Don't be surprised if you find reasons other than the ones you had anticipated to continue your learning.
- ⇒ DO WHAT IS RIGHT FOR YOU. There is no right way to do this. Think about what is important to you and how it will best fit your life circumstances and goals.
- MAKE YOUR WELL BEING A PRIORITY. Don't compromise on the things that keep you physicolly, emotionally, and spiritually well. Make sure you build them into your schedule.
- your schedule.

 DISCUSS YOUR PLANS. Think about how others in your life might support you.

Learning Commons Drop In Schedule Fall 2015—September 14th to December 11th, 2015

	Writing	Study Skills	MATH First Year Courses		
			Business MATH & ACCT102S/ 1030/1040/ 1060/71100	Health, Community Services & Liberal Studies	Engineering, Trades & IT
Mon	3		11:00am	10:00am	10:00am

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Mon			11:00am to 4:00pm	10:00am to 2:00pm	10:00am to 2:00pm
Tues	11:00am	11:00am	10:00am	11:00am	11:00am
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Looking to book an appointment? Go to vic.conestogac.on.ca.

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			1030/1040/ 1060/71100	Liberal Studies	Trades & II
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Tues	11:00am to 1:00pm	11:00am to 1:00pm	10:00am to 4:00pm	11:00am to 3:00pm	11:00am to 3:00pm

CSI's BBQ Bonanza draws a crowd

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Wednesday, September 30 10am - 3:30pm

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